

Reserve Component Health Risk Assessment (RCHRA)

(This form is subject to the privacy Act of 1974 – Use Blanket PAS – DD Form 2005)

AUTHORITY: 10 U.S.C., 8013, as implemented by Air Force Instruction 48-123.**PURPOSE:** To collect personal information from military Reserve Component (RC) personnel to assess their ability to perform routine fitness testing, their individual deployment readiness, and overall RC deployment readiness.**ROUTINE USE(S):** To assess the safety of your performing routine fitness testing. To screen for conditions that may interfere with your ability to deploy and meet mission requirements. To collate data on overall RC capability to deploy and meet mission requirements. In addition to those disclosures generally permitted under 5 USC 552a(b) of the Privacy Act, these records or information contained therein may specifically be disclosed outside DoD as a routine use pursuant to 5 USC 552a(b)(3) as follows: The Department of the Air Force "Blanket Routine Uses" set forth at the beginning of the Air Force's compilation of systems of records notices apply to this system. This information will be kept in your medical record and summary results will be provided to you upon completion of the Reserve Component Periodic Health Assessment (RCPHA).**DISCLOSURE:** Disclosure of this information is required by Title 10, Chapter 51, Section 1004 of the United States Code. Giving false information concerning current health status is a punishable offense and can result in administrative action. IAW AFI 48-123, paragraph 14.4.2, each member is responsible for promptly reporting a disease, injury, operative procedure or hospitalization not previously reported to his or her commander or supervisor.**Personnel Data**

Name/Rank		SSN		Age	Date of Birth	Gender
Home Street Address		City		State		Zip Code
Unit	Duty Section	Base			Duty AFSC	ASC
Primary Email Address				Home Phone	Duty Phone	
Civilian Occupation						

Active (AGR) Guard/Reserve	Traditional Reservist/Guardsman	Individual (IMA) Mobilization Augmentee	Air Reserve Technician	Other Specify
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Traditional ARC: How many days have you performed military duty this year (excluding IDT)? DaysAre you a family member of an active duty military member entitled to care through military channels? Yes ☐ No ☐**Racial Background**

American Indian/Alaska Native	Asian/Oriental	Black, Hispanic
Black, Non-Hispanic	Pacific Islander	White Hispanic
White, Non-Hispanic	Other (Specify)	

Health Status Questionnaire- Instructions

Mark the appropriate response to each number question and sign the form after reading it carefully. Continue on the reverse side or attach comments or documentation if necessary. Positive responses which are not fully explained or which may effect your medical qualifications for continued military duty will require an interview and further documentation. You may also be required to provide supporting civilian medical and dental documentation for inclusion in your medical records.

NOTE: This information is for official and medically-confidential use only and will not be released to unauthorized persons.

1. Overall Self-Assessment of Health is	Excellent	Very Good	Good	Fair	Poor
2. Are you on a renewable flying or worldwide duty waiver for any medical reason?					Yes <input type="checkbox"/> No <input type="checkbox"/>
3. Do you have any allergies to medications, foods, or airborne substances?					Yes <input type="checkbox"/> No <input type="checkbox"/>

List all known allergies:

4. (a) Do you regularly take any prescription medication(s)?										Yes		No
(b) Do you regularly take any over the counter medication(s)?										Yes		No
(c) Do you regularly take any dietary supplement(s)?										Yes		No
Medication(s) Name and why taken												
5. During the last year have you taken medication or seen a health care provider for any of the following conditions?												
Chest pain/angina		Yes	No	Shortness of breath		Yes	No	Anxiety/depression		Yes	No	
Inflammatory bowel disease			Yes	No	Seizure Disorder			Yes	No			
If you require medications for any of the above, have the medications been listed in block # 5.										Yes	No	
Does the use of these medications control your symptoms? (If No please explain below)										N/A	Yes	No
6. During the last year have you been told that you have high blood pressure?										Yes	No	
7. Since your last AF Form 895, RCPHA, or Physical Examination have you had chest pains, pressure, or discomfort either with physical activity or when at rest?										Yes	No	
8. Have you ever had irregular heartbeats that have concerned you?										Yes	No	
9. Have you ever had a heart attack?										Yes	No	
10. Have you had a heart operation (bypass, angioplasty, etc.)?										Yes	No	
11. Is there a family history of heart attack in a parent, sibling, aunt or uncle before the age of 55?										Yes	No	
12. Have you been told you have high blood sugar or /diabetes?										Yes	No	
How is it controlled? (✓all that apply):		None of the following		Insulin		Diet/Exercise control		Oral Medication				
13. Have you been told you have problems with blood cholesterol?										Yes	No	
14. Do you use any tobacco products? If no, skip to question 15.										Yes	No	
Type- (check all that apply):		Pipe		Cigar		Smokeless		Cigarettes				
How many packs of cigarettes per day?				Less than one		One		Two		Three or more		
How many years have you been using tobacco products?				Less than one		One-Five		Six-Ten		More than Ten		

Date	Name/Rank	SSN				
15. Do you ever experience shortness of breath at rest, walking or with only moderate exertion?					Yes	No
16. Have you ever been told you have asthma, bronchospasm, or reactive airway disease?					Yes	No
17. Do you engage in a program of regular aerobic physical fitness 20 minutes 3 times per week?					Yes	No
Light Exercise		Moderate Exercise		Heavy Exercise		
18. Do you have a physical condition that precludes brisk walking or running for 1 to 3 miles?					Yes	No
19. Has your treating physician placed you on restricted activity?					Yes	No
If yes, explain (include length of time and time of year restrictions apply if known)						
20. Do you have any orthopedic problems that prevent regular exercise or become bothersome during exercise?					Yes	No
21. Do you consume alcoholic beverages? If no, skip to question 26					Yes	No
22. Have you ever felt you ought to cut down on your drinking?					Yes	No
23. Have people annoyed you by criticizing your drinking?					Yes	No
24. Have you ever felt bad or guilty about your drinking?					Yes	No
25. Have you ever had a drink first thing in the morning (eye opener) to steady your nerves or get rid of a hangover?					Yes	No
26. Are you on any medications for depression, ADD/ADHD or any other psychiatric condition?					Yes	No
27. Do you have any problems with your eyes, vision or prescription glasses (check all that apply)?					Yes	No
Blurred Vision		Double Vision		Blind Spots		Night Blindness
Glare		Glaucoma		Glasses more than 2 years old		
28. Have you had any of the following types of eye surgery (check all that apply)?					Yes	No
RK	PRK	LASIK	Implants	Other Specify:		
29. Have you gained or lost more than 15 pounds in the past year that cannot be explained by change in diet and exercise?					Yes	No
30. Have you noticed blood in your stool or significant changes in your bowel habits?					Yes	No
31. Have you been advised to eat a special diet?					Yes	No
32. During the past year have you missed more than 7 days from work due to illness or injury?					Yes	No
33. Do you have a non-military job or hobby which exposes you to loud noise?					Yes	No
34. Do you have a non-military job or hobby which exposes you to hazardous chemicals?					Yes	No

Name and/or type of chemical(s)?									
35. Do you use hearing aid(s)?								Yes	No
36. Do you routinely forget to wear proper protective gear for sports, hobbies, or work (e.g., helmets, goggles, ear plugs, gloves, etc.)?								Yes	No
37. Do you routinely forget to fasten your seat belt?								Yes	No
38. Have you seen a health care provider during this past year?								Yes	No
If yes how many visits:		One - Two		Three - Six		Seven - Ten		More than Ten	
39. Excluding pregnancy have you been a patient in the hospital overnight/or had any outpatient surgical procedure or been administered intravenous medication in the hospital during the past year?								Yes	No
40. Have you been treated for any other medical conditions since you completed your last RCPHA or AF Form 895? Please list conditions below.								Yes	No
Females Only Complete Blocks 41 – 45.									
41. Are you pregnant?								Yes	No
42. Was your last PAP Smear abnormal?								Yes	No
43. Have you ever had an abnormal breast lump or mammogram?								Yes	No
44. Do you perform self-breast examination (SBE) at least monthly?								Yes	No
45. If no longer having menstrual periods or if having had a history of a total hysterectomy, have you been advised regarding osteoporosis prevention?								Yes	No
<p>I understand that disclosure of this information is required by Title 10, Chapter 51, Section 1004 of the United States Code. Giving false information concerning current health status is a punishable offense and can result in administrative action. IAW AFI 48-123, paragraph 14.4.2, each member is responsible for promptly reporting a disease, injury, operative procedure or hospitalization not previously reported to his or her commander or supervisor.</p>									
Typed or Printed Name Examinee				Signature				Date	
Notes:									
Typed or Printed Name Physician or Examiner				Signature				Date	